OTTAWA metro®

NEWS WORTH SHA

France sees largest rally in its history

Millions march in Paris, including more than 40 world leaders, to renounce 3-day terror spree PAGE 6

Olympian in town to inspire

Cassie Campbell-Pascall comes to Ottawa to impart wisdom at annual Girls Hockeyfest PAGE 3

GOLDEN GIRLS STRIKE AGAIN

RED CARPET COVERAGE AND MORE FROM THE FEY & POEHLER-HOSTED GOLDEN GLOBES PAGES 11 & 12

PENCILS UP

A woman holds a giant toy pencil aloft at a rally in Confederation Park in solidarity with the victims of the Charlie Hebdo terror attack and other deadly attacks last week in Paris. For more on the rally in Ottawa, and those that took place around the world, see pages 4 and 6.

JOE LOFARO/METRO

Neighbours say Ottawa twins 'very friendly'

Larmond brothers. Acquaintances shocked by arrest, terror charges

JOE LOFARO
joe.lofaro@metronews.ca

Neighbours of two brothers in Vanier say they are surprised the pair were charged by the RCMP with terrorism-related offences over the weekend.

Twin brothers Carlos and Ashton Larmond, both 24, appeared in court on Saturday to face the charges which their lawyer, Joseph Addelman, said he will "vigorously defend."

Carlos was arrested at Montreal's Pierre Elliot Trueau airport Friday "as he was intending to travel overseas for terrorist purposes," the RCMP alleged. Ashton was arrested in Ottawa.

The men had lived inside a duplex on King George Street since they were children, according to neighbours.

One neighbour who did not want to be identified told Metro the men were "very, very friendly" and lived with an older woman. He said he would see the Larmond brothers playing sports on the street.

"I hope they are only suspects. They are very friendly people," the neighbour said.

Another neighbour who was reached by phone Sunday morning, said the two accused recently converted to Islam She said that they had started wearing traditional clothing worn by some Muslim men.

Before she noticed their apparent conversion, the neighbour told Metro, she would often see the twins playing basketball in the driveway wearing "sporty stuff." Recently, she said she noticed their clothing changed as each wore a "white gown."

Addelman said both brothers are Muslim, but he would not elaborate on how religion and freedom of assembly were factors in the case. He said he has represented them in the past, but would not disclose their previous charges, saying only that they were "relatively minor."

He said their arrest came as "a surprise to me and to them." Their next court date has been scheduled for Feb. 15 in Ottawa.

In the wake of the recent deadly terrorist activity in Canada and around the world, Addelman said police were "out there looking to lay these charges."

Ashton Larmond has been charged with facilitating terrorist activity, participation in the activity of a terrorist group, and instructing to carry out activity for a terrorist group. His brother Carlos is charged with participation in the activity of a terrorist group, and attempting to leave Canada to participate in terrorist activity abroad.

On some counts, the twins are alleged to have conspired with each other from August 2014 to January 2015, Addelman told Torstar News Service.

WITH FILES FROM TORSTAR NEWS SERVICE & THE CANADIAN PRESS

Happy birthday, Sir

Harper, former PMs head to Kingston to celebrate birth of one of the fathers of Confederation PAGE 5

Cheap gas could boost tourism

Industry hopeful lower price at the pumps plus falling loonie will lure more American tourists PAGE 8

DIY divorce may cost you more

Looking to keep the lawyers out of it? Gail Vaz-Oxlade says that kitchen-table agreement might be pricier than you think PAGE 14

They're nacho standard 'chos

Cut the fat, keep all the flavour with turkey and light cheese PAGE 16

Downy Fabric Softener has
30% more softening power than Fleecy*

Downy
wash in the wow

©2015 P&G

* Visual represents softening ingredients per load
Fleecy is a registered trademark of Colgate-Palmolive Canada Inc.

Crime

Ottawa police investigate first shooting of 2015

Gunshots were fired in the Ritchie Street area Saturday afternoon, sending one man to hospital with injuries and marking the first shooting of 2015 in the nation's capital.

The Ottawa police guns and gangs unit is leading the investigation after several residents called 911 reporting gunshots. Police responded shortly after 4 p.m. to the 100 block of Riga Private, off Ritchie Street, which is a known hotspot for street gangs.

Witnesses told police they saw a dark-coloured vehicle speeding away from the scene. One man was sent to hospital with non-life-threatening injuries.

Startled neighbours told Metro Saturday that when they returned to their homes, they could see blood and what looked like clothing on the ground near the crime scene. They sent a photo to Metro showing several police cruisers parked near their home.

Last year, Ottawa saw a record number of shootings across the city — 49 in all. Ottawa police have linked the incidents to gang activity, the illegal drug trade and the availability of handguns.

Despite local police association president Matt Skof's complaint that his members are under-resourced and that the force needs to hire more officers, Ottawa Chief Charles Bordeleau says the force does have what it needs to tackle the problem.

Anyone with information about this incident is asked to contact the Ottawa Police Service at 613-236-1222, extension 5050. JOE LOFARO/METRO

Several police cars are parked in the Ritchie Street area as officers investigate a shooting on Jan. 10.
COURTESY JENNIFER FOBERT

Cassie Campbell-Pascall autographs jerseys and hats for young players at the Canadian Tire Centre Sunday during Scotiabank Girls Hockeyfest.
STEVE COLLINS/FOR METRO

Olympian shares her skills at Hockeyfest

Canadian Tire Centre. Cassie Campbell-Pascall imparts valuable advice about hockey and life to 220-plus young girls

"You can do anything you put your mind to," Olympic hockey gold medallist Cassie Campbell-Pascall told a crowd of more than 220 minor girls players at the Canadian Tire Centre Sunday, and even if they don't win every championship, the skills they learn will help them become successful women.

The two-time Olympic team captain and Hockey Night in Canada commentator was in town to coach the players at the 11th annual Scotiabank Girls Hockeyfest.

"We've put them through their paces on the ice," Campbell-Pascall said.

"Skills and all that kind of fun stuff and a little motivational talk. They've done some dryland today and they've gotten a tour of the Canadian Tire Centre, so it's been a real fun experience for the girls."

She re-jigged her schedule to be in Ottawa and give the girls the benefit of her experience.

"Never be afraid to go and train with the guys or challenge yourself in a different way. You might be the best player in bantam or midget, but you can still improve, and I think that was the one thing that no one really told me."

But she believes players above all should have fun.

"We're not going to ever make millions and millions of dollars doing it, so we better enjoy doing it because it's a commitment and it's a grind and it's so expensive for our parents," she said.

"It should be about fun and about life lessons, and if it's anything else, we're there for the wrong reason."
STEVE COLLINS/FOR METRO

Education. Premier kicks off provincial campus tour

Ontario's post-secondary institutions should be accessible to all income groups, said Premier Kathleen Wynne, who launched her 10-day tour of the province's campuses on Friday in Ottawa.

Wynne did not announce any new funding opportunities for students, but said she was touring to "talk about strategies for student success."

"Our colleges and universities should be places where our young people can explore their passions and engage with one another to help create new communities," she told reporters at the Chateau Laurier after touring La Cité Collégiale in Orléans.

Premier Kathleen Wynne launches her 10-day tour of college and university campuses in Ottawa on Friday. She met with students at La Cité Collégiale in Orléans and area MPPs, including Madeleine Meilleur, who's pictured.
LUCY SCHOLEY/METRO

Wynne praised the Liberal government's plan to cut tuition by 30 per cent for some students from low- and middle-income households.

"When we came into office, there were no grants available. It was all loans," she said.

Wynne ruled out adopting U.S. President Barack Obama's plan to make the first two years of public community college free for students.

She said she is worried this model would actually limit access to post-secondary institutions because "there would be a limited subsidy that would be available and that's not something I want to do. What I want to do is increase access and I want everyone who's qualified to be able to access a college or university or a skilled trade."
LUCY SCHOLEY/METRO

Hundreds gather in Ottawa to show solidarity with Paris

Local rally. An estimated 400 people gathered in Confederation Park

JOE LOFARO
joe.lofaro@metronews.ca

A Paris native who says he was "devastated" by the attacks in France last week, which left 17 dead, led hundreds of people in Ottawa at a rally in solidarity with the victims.

An estimated 400 people gathered in Confederation Park hours after millions of people in France also held a solidarity rally attended by more than 40 world leaders.

Charles Romero said the attack on the Charlie Hebdo office in Paris, his hometown, brought him to tears, since he used to read the satirical magazine as a kid.

The magazine had been heavily criticized for its cartoons depicting the Prophet Muhammad and other religious figures before the attack. Islam prohibits the depiction of such figures.

Romero, who is the president of the Association Démocratique des Français a l'Étranger, spoke briefly at the Ottawa rally and held a moment of silence.

He said people should be free to publish whatever they want, respecting the law.

Brandon Vaughan, 20, riled up the crowd by starting a "Je suis Charlie" chant while waving a printed caricature of the Prophet Muhammad.

Teacher Gary O'Brien, sporting a pencil wedged in his right ear in memory of the slain cartoonists, said it's important to show the French there are others who stand by them for defending their right to free speech.

As the world reacts to the tragedy, he said, he hopes it doesn't devolve into attacks on one religious group for the actions of the few responsible for the Paris attack.

"Even if we need to go and make a vigil at a mosque or other places like that, I would go as well, because that is not the people who are responsible. We know who are responsible — they're fanatics, and that's all," he said.

"The pencil has to remain a weapon of choice rather than hate or guns."

Charles Romero said the attack on the Charlie Hebdo office in Paris, his hometown, brought him to tears.
JOE LOFARO/METRO

Family escapes blaze that destroys shop

Ottawa firefighters look over the damage to a garage and wood shop.
SEAN MCKIBBON/METRO

Marc-André Pion and his wife were just waking up around 7 a.m. when they noticed the flames out their window at 65 Tiverton Dr. Sunday morning.

"It's my wife and I and my two boys in the house. We saw the fire out the window. We got out of the house and we called 911," said Pion, a carpenter who specializes in wood furniture.

Ottawa Fire Services says it received multiple 911 calls around 7:14 a.m. about the blaze and heavy black smoke billowing from the home. The service said the fire was under control by 7:38 a.m. The cause is still unknown, the fire service said.

Quoted

"It's my wife and I and my two boys in the house. We saw the fire out the window. We got out of the house and we called 911." Marc-André Pion

The fire destroyed Pion's garage and wood shop and his dream truck, a brand new Mercedes Sprinter, that he said is now "roasted."

"It seems the house is going to be OK, but the workshop is destroyed," he said. The good thing, he added, was that no one was injured. He and his wife and two boys, ages 2-1/2 and nine months, will stay with family in Ottawa while the house is repaired.

He said he has insurance, but would have to wait to hear from the company before knowing what the next step would be for his home-based business.

"I'll have to see what insurance does for me," he said. Ottawa Fire Services estimated damage to the home at $200,000. SEAN MCKIBBON/METRO

Get in the Government!
Achieve BBB, CBC levels faster
French & English
Personalized training from
an evaluator, available 7 days/week
Group beginner classes start on Jan. 19
ENROLL NOW!
YANNIC COULON
EXECUTIVE COACHING
Phone-SMS: 613-292-1299
Email: Yannic1@hotmail.com

Another 'yarn bombing'

A colourful assortment of knitted scarves, hats and mittens mysteriously appeared this weekend tied to the fence under the Rideau pedestrian underpass. Winter accessories previously appeared on several downtown statues during a "yarn-bombing," with tags attached encouraging those who needed to keep warm to take them. Similar actions in other cities explicitly aim to help the homeless. No messages accompanied this latest crop of winter clothing, but it arrived just in time: Monday night's forecast low is -24 C. STEVE COLLINS/METRO

Canadian Transport Minister Lisa Raitt, left, and Canada Post CEO Deepak Chopra, right, take part in the unveiling of a stamp of Sir John A. Macdonald during a ceremony at Kingston City Hall to mark the bicentennial of the birth of Canada's first prime minister. FRED CHARTRAND/THE CANADIAN PRESS

Harper praises our first prime minister

Kingston, Ont. 200th anniversary of Sir John A. Macdonald's birthday celebrated by dignitaries

Stephen Harper paid tribute to the country's first prime minister Sunday, marking the 200th anniversary of the birth of Sir John A. Macdonald by saying the Scots-born politician "forged Canada out of sheer will."

"Never forget, there was nothing certain or inevitable about what Macdonald and his fellow fathers of Confederation accomplished. It was in fact remarkable," Harper told a room full of dignitaries — including two former prime ministers — under tight security at the historic city hall in Kingston, Ont.

"Without Sir. John A. Macdonald, Canada as we know it — the best country in the world — simply would not exist," Harper said to applause.

Macdonald's political career as a Kingston alderman began in 1843, the year the cornerstone of Kingston City Hall was laid. After his death, the first prime minister of Canada lay in state in the same room where Harper delivered his remarks.

The Royal Canadian Mint showed off the template of a new Macdonald $2 toonie, and a refurbished portrait of Sir John A. was unveiled.

It was a decidedly non-partisan event, with former Liberal prime minister John Turner and Progressive Conservative Kim Campbell in attendance, but Harper's comments dovetailed with his Conservative party election message this year that Liberal Leader Justin Trudeau is unready to govern despite his lineage and high-profile name.

"Nation-building is never complete," said Harper, noting the "challenges and opportunities" are even greater as Canada approaches its 150th birthday. THE CANADIAN PRESS

Feds report 300 breaches of private information in 2014

The federal government reported 300 breaches of Canadians' private information in 2014, including a dramatic robbery of a courier truck carrying passports in Venezuela last November, Torstar has learned.

A courier truck leaving the Caracas airport was held at gunpoint on Nov. 11. Two packages containing 61 visa decision letters, including passports, were among the contents stolen.

Citizenship and Immigration Canada, the department transferring the passports from the visa office in Mexico City to Caracas, informed the privacy commissioner of the breach on Nov. 26, according to documents obtained under access to information law.

In detail

The Caracas robbery was the second theft of personal information to be reported last November.

- Employment and Social Development Canada reported the loss of 19 applications for funding under the New Horizon for Seniors program.

On Wednesday evening, the department issued a brief statement to Torstar outlining details of the incident.

"(The department) has contacted affected applicants … (and) for approved applications, affected applicants have been or will be issued a replacement visa immediately once a new passport is submitted," read the statement.

The robbery was one of the more dramatic incidents among privacy breaches reported to Ottawa's privacy watchdog by federal agencies in 2014. According to the privacy commissioner's office, there were more than 3,100 privacy breaches affecting 725,000 Canadians between 2002 and 2012. TORSTAR NEWS SERVICE

Military

Spooks deployed against possible Arctic spies

The Canadian military has been routinely deploying a counter-intelligence team to guard against possible spying, terrorism and sabotage during its annual Arctic exercise, according to internal documents.

In the view of intelligence experts, the move is unusual because Operation Nanook is conducted on Canadian soil in remote locations of the Far North. Foreign involvement is limited to friendly, close allies. THE CANADIAN PRESS

Facebook scandal

Dalhousie rejects profs' complaint

Four Dalhousie University professors say they have "mixed feelings" after the school rejected a complaint they launched against a group of 13 male dentistry students who were allegedly members of a Facebook page where sexually violent content was posted.

The school's vice-provost of student affairs said it will not proceed with the complaint filed under the code of student conduct because the issue is already being dealt with under an academic standards committee within the dental school.

In a separate letter responding to the rejection, the professors say they are disappointed the complaint did not result in a formal discipline process. They also say that the university took a positive step in launching the independent investigation. THE CANADIAN PRESS

Khaled Al-Qazzaz

Canadian jailed in Egypt released

An ailing Canadian resident imprisoned in Cairo for more than a year has been released from custody in an Egyptian hospital.

Khaled Al-Qazzaz, a 35-year-old University of Toronto engineering graduate, is a former aide to ousted president Mohammed Morsi.

He was arrested along with Morsi and eight others in July 2013. Egyptian authorities neither charged him nor explained why he was arrested. THE CANADIAN PRESS

Hurry, our New Year's Seat Sale ends soon.

Save now on flights and vacation packages all the way to summer.*

Book today at westjet.com or call your travel agent.

WESTJET

*Some restrictions apply. Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.

Millions march in largest rally in France's history

Hundreds of thousands march in Paris on Sunday in a massive show of unity and defiance in the face of terrorism acts that killed 17 people. Officials said it was the largest demonstration in French history.

LAURENT CIPRIANI/THE ASSOCIATED PRESS

'Our entire country will rise.' More than three million unite, march across France in a stand against terror

Masses of people joined with world leaders to fill Paris streets Sunday in a rally for unity officials said was the largest demonstration in French history. Hundreds of thousands more marched in cities around the country and the world to repudiate a three-day terror spree around the French capital that killed 17 people and left the three gunmen dead.

Their arms linked, more than 40 world leaders led the sombre procession — Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas; Ukrainian President Petro Poroshenko and Russian Foreign Minister Sergey Lavrov — setting aside their differences for a demonstration French President François Hollande said turned the city into "the capital of the world."

People streamed through the streets behind them and across France to mourn the victims of the deadly attacks on satirical Charlie Hebdo newspaper, a kosher supermarket and police officers — violence that tore deep into the nation's sense of wellbeing some compared to 9/11 in the U.S.

"Our entire country will rise up toward something better," Hollande said.

The French Interior Ministry said it's hard to calculate the exact number of demonstrators, but more than three million are projected to have marched across France.

"The terrorists want two things: they want to scare us and they want to divide us," French Foreign Minister Laurent Fabius said. "We must do the opposite: We must stand up and we must stay united."

THE ASSOCIATED PRESS

SORE FEET?
BEFORE
AFTER
ZAP AWAY YOUR PAIN WITH LASER TREATMENTS, FLEXIBLE ORTHOTICS OR HYPROCURE STENTS
PIERRE DUPONT, Doctor of Podiatric Medicine | Chiropodist | Foot Specialist
OttawaFootPractice
28 Deakin Street, Suite 101 • 613 627-2808
www.ottawafootpractice.com

Paris. Video of gunman emerges

Two days after his death, a video emerged Sunday of one of the Paris gunmen pledging allegiance to the Islamic State of Iraq and the Levant (ISIL), while his two fellow militants have claimed to be from al-Qaida — a fierce rival.

In video verified by the SITE Intelligence Group, Amedy Coulibaly said he had worked in co-ordination with Said and Cherif Kouachi, the "brothers from our team," who carried out the massacre at the satirical newspaper Charlie Hebdo on Wednesday.

"We did things a bit together and a bit apart, so that it'd have more impact," he said in fluent French.

The video appeared Sunday on militant websites. Police said they were investigating the conditions under which the video was posted.

The brothers killed 12 people at the Charlie Hebdo offices, but were killed two days later by police, who minutes later killed Coulibaly, who had taken hostages in a kosher market.

All three men were French. Later in the video, Coulibaly called on others to carry out new attacks.

THE ASSOCIATED PRESS

In pictures

1 Israel

A woman at a rally in Tel Aviv holds a pencil and her mobile phone showing the four victims killed in Friday's attack on the kosher supermarket in Paris.

ODED BALILTY/THE ASSOCIATED PRESS

2 Argentina

A woman holds a brush and a sign that says "I am Charlie" in Spanish, outside France's embassy in Buenos Aires. RODRIGO ABD/THE ASSOCIATED PRESS

3 Belgium

A building outfitted in solidarity with the France victims is seen as people hold banners on a main boulevard in Brussels. FRANCOIS WALSCHAERTS/THE ASSOCIATED PRESS

4 West Bank

A Palestinian woman holds a sign that says "I am Charlie" in Arabic during a rally in Ramallah.

MAJDI MOHAMMED/THE ASSOCIATED PRESS

5 England

The facade of the National Gallery is lit in the colours of the French flag in Trafalgar Square in London.

TIM IRELAND/THE ASSOCIATED PRESS

comwave®

Home Phone & Internet Bundle

$49.95/mo

- Unlimited Data
- High Speed Internet

6 Months FREE

Home Phone on all plans!

Compare & Save:

	Bell	Rogers	comwave
Internet Speed	Up to 5 Mbps	Up to 10 Mbps	Up to 6 Mbps
Data Usage	Unlimited	25GB	UNLIMITED
Home Phone	Unlimited Local	Unlimited Local	UNLIMITED Local
Price	$109.90	$86.40	$49.95

You Save $719.10/year

1-866-516-0231

comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any errors in pricing or information at any time. *The sales and free phone service promotion are based on a bundle 1 year contract term in addition to the first month's, and includes a 30-Day Satisfaction period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee Period with no further obligation. There is a $50 (86-Fi- 525) fee to configure your equipment. Upon return of the equipment, a $50 (86-Fi- 525) credit will be applied towards your final invoice. All customers signing up to the promotion are entitled to a minimum 3 months free phone service. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free phone service. HOME PHONE LINES. VoIP 911 has certain limitations versus traditional 911. A $1.45 charge for 911 service applies. All Unlimited Plans do not include calls to the Yukon, Nunavut, N.W.T., Alaska and Hawaii. A $12 fee is applied for shipping the VoIP Adapter. INTERNET. Rates do not include a $5.95 Monthly Access Fee and a one-time installation fee of $300 residential). Savings is calculated based on Bell's and Rogers' posted website rate as of Nov 7, 2014, vs. Comwave's rate and taking into consideration the first 6 months of home phone free. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at www.comwave.net/terms.

Cheap gas good for tourism: Industry

More bang for their buck. Tourism operators may use lower loonie to bring more Americans to Canadian roadways

Falling gas prices and a weakening loonie are raising hopes within Canada's tourism industry that 2015 will be a banner year.

Ian Jack, a spokesman for the Canadian Automobile Association, says if the price at the pumps holds until the spring, he expects an increase in the number of people travelling by car this year.

According to the CAA, the national average price of gas hit a high of $1.39 a litre last June. On Friday, that average was 92 cents a litre.

Only 14 per cent of about 1,000 CAA members surveyed said they planned to drive more during the recent Christmas holidays. But Jack said most people don't like to drive in the winter and he expects those numbers will rise during the warmer months.

"If we continue to see low prices into the spring and summer we do expect a significant uptick in car vacations in Canada," he said.

Statia Elliot, director of the school of hospitality, food and tourism management at the University of Guelph, agrees.

"I think with the way the dollar is and the way gas prices are, we're going to see good, strong demand for summer vacations," she said, adding that cost is one of the top factors people consider when deciding to travel.

"Three-quarters of what we call tourism is generated by our own Canadian travel, and with low gas prices that will encourage more people to get in the car and travel closer to home," she said.

Elliot said that, while Americans likely aren't watching the loonie, smart tourism operators will use their marketing savvy to encourage Americans to come to Canada.

THE CANADIAN PRESS

If the current price at the pumps holds until the spring, the Canadian Automobile Association expects an increase in the number of people travelling by car this year, raising hopes within Canada's tourism industry that 2015 will be a banner year. MICHELLE SIU/THE CANADIAN PRESS

Other side of the coin

Falling price hits oilpatch

When it comes to figuring out how much pain tumbling crude prices are going to inflict on the oilpatch, one investment strategist says it's not so much a question of how low oil will go, but of how low for how long.

"You don't really know at this point how it's going to turn out," said Kara Lilly, with Mawer Investment Management in Calgary.

A barrel of U.S. benchmark crude oil settled at $48.36 US on Friday, less than half of where it was just six months ago. The price weakness has already caused widespread cuts in the oilpatch, with drilling budgets being sliced. The spectre of job losses looms.

THE CANADIAN PRESS

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2015. Cannot be combined with any other offer or discount.
*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Earn travel rewards up to 4x faster.[1]

No annual fee for the first year. Plus, get 20,000 bonus points, **good for $200 in travel.[2]**

With the Scotiabank®* Gold American Express® Card, you'll enjoy the freedom and flexibility to redeem points before or after your trip with no blackouts, seat restrictions or booking fees.

www.scotiabank.com/4xfaster

You're richer than you think.®*

Scotiabank®*

®* Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. [1] You will earn 4 points per $1 on the first $50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations (with or without Ancillary Services and with Merchant Code: 5541) and Automated Fuel Dispensers (Merchant Code: 5542); Grocery Stores and Supermarkets (Merchant Code: 5411); Eating Places and Restaurants (Merchant Code: 5812), Drinking Places (Alcoholic Beverages) including Bars, Taverns, Nightclubs, Cocktail Lounges, and Discotheques (Merchant Code: 5813), Fast Food Restaurants (Merchant Code: 5814); Entertainment including Motion Picture Theaters (Merchant Code: 7832), Theatrical Producers (except Motion Pictures) and Ticket Agencies (Merchant Code: 7922), Bands, Orchestras and Miscellaneous Entertainers – Not Elsewhere Classified (Merchant Code: 7929). Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per $1 on purchases made after you have reached the 4 points per $1 $50,000 annual spend maximum and on all other purchases made with the card. Points are not awarded for cash advances, Scotia Credit Card Cheques, Scotia Rewards Dollars, returns, payments, casinos and gambling, annual membership or card fees, interest charges or service transaction charges. [2] The introductory annual fee waiver only applies to the initial annual fee for the primary and additional cards. The Scotiabank Gold American Express Card regular interest rate is 19.99% for purchases. For cash advances, balance transfers and Scotia Credit Card Cheques the interest rate is 21.99%. The regular annual fee is $99 per year for the first card issued on the account; additional cards are charged an annual fee of $29 per year per card when issued regardless of card activation and will be billed to your first statement and once a year thereafter. Any additional cards must be issued by February 28, 2015, to qualify for the offer. The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank Gold American Express Card for at least $1,000 in net purchases posted to your account in the first three months from the account open date and provided the account is open and in good standing. Net purchases are defined as the cost of goods and services purchased on your credit card account, less amounts credited for refunds on such purchases. The points will appear as an adjustment on your Scotiabank Gold American Express Card statement within two statement cycles after the third billing cycle has passed. Offer applies to new accounts opened by February 28, 2015. Rates and fees are as of September 1, 2013 and are subject to change without notice.

VOICES

COOL IT; YOU'RE NOT UNDER THE GUN

We're way more likely to die from the flu than a shooting — so why is everyone focused on crime and terrorism?

COLLINS' CAPITAL
Steve Collins

A shooting on Saturday sent a man to hospital and gave some of us cause to wonder what's happening to our peaceful, gentle town.

Much has been made of a disturbing uptick in shootings in Ottawa in the past year — 49 in 2014 compared to 30 the year before — but I somehow doubt that in cities with real crime problems, they have the luxury of counting them the way we do.

In most of these Ottawa "shootings," somebody fired a weapon, but nobody was actually shot. Those verb-intransitive shootings still inflate the total and the anxiety.

Nation-wide, the murder rate has fallen to its lowest point since the mid-'60s.

Here in Ottawa, there were six homicides last year, down from nine the year before.

Meanwhile, this year's flu season, according to Ottawa Public Health, may have already killed as many as 10 people.

It's numerically clear that we're at more risk from bugs than bullets, but if it doesn't feel that way, it's in part because of how we're wired to assess threats.

Ottawa's Dan Gardner wrote Risk: The Science and Politics of Fear, about the reasons we tend to worry more about vivid and improbable threats — say, terrorism — while minimizing the commonplace and less dramatic things that are far more likely to kill us — like heart disease.

We navigate our complex, media-saturated world with stone-age brains still on high alert for lions waiting in the long grass. As a result, he says, "your feeling of the risk, that intuitive sense of the risk, is completely out of line with what the facts tell you about the risk."

Worse, our overreaction to potential dangers that scare us, but are very unlikely to happen, can actually end up killing us in the end. Gardner points out that after the 9/11 attacks, many people avoided flying because they were afraid of being aboard the next hijacked flight and decided to drive instead.

"Well, guess what? Flying is much, much, much safer than driving, and as a result of that mass shift from flying to driving, by one estimate 1,500 people died who otherwise would not have."

The more easily you can imagine something awful happening, he writes, the higher you'll tend to rate its likelihood. And many people could easily imagine themselves in the line of fire at the Tanger Outlets, the site of a Boxing Day shooting.

"It's very relatable; it's very vivid," says Gardner. "I live by Tanger, by the way. I get it."

And his study of irrational human fears has by no means made him immune. "I have exactly those same feelings, but what I try to do is what I always advise people to do. I try to think about those feelings, think about where they came from and ask myself hard questions: is this really rational? Does it make sense? Is it supported by evidence? But it's tough."

If you're not an actual member of the gangs that police are blaming for the increase in gunplay, your and my chances of getting caught in the crossfire are minimal. Not zero but very, very small. Take a breath. Relax. And maybe get a flu shot.

Your Ottawa

Waterfall climbing

Jonathan Smith of Ottawa climbs a frozen waterfall in Gatineau Park near Luskville, Que., on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

SEE YOUR SHOT HERE: Send us high-quality snaps of your city to readers@metronews.ca

Letters

RE: Charlie Hebdo shooting coverage

What would the Prophet do? When I learned of the recent barbaric killing of 12 innocent people in Paris, France, I was extremely saddened and deeply disturbed.

First and foremost, my thoughts go out to the victims and their loved ones. It pains me greatly to hear that such acts are carried out in the name of Islam. I am a member of the Ahmadiyya Muslim Community and have always been taught the message of "Love for All, Hatred for None." These acts have no place in Islam.

What perplexes me most is why do these ignorant extremists not think to ask themselves, "What would the Prophet of Islam do?"

He would respond to those who insulted and abused him with a smile and a kind word. This is the Islam that I know and love. As true Muslims, insults against the Prophet should be dealt with love and prayers. I pray for those who feel the need to attack my religion. I pray even more for those who feel violence is the solution. **Ejaz Arshad, Calgary**

A different interpretation The Latuff drawing, to me, represents the gunmen actually doing more harm to Islam (represented by the mosque) than it is about a potential backlash. Their bullets are aimed at the newspaper, but really, they are hitting their own faith. **Giacomo Cassano**

Don't let the thought police win As a journalism professor I absolutely support — and sometimes enforce — the use of a precise and appropriate vocabulary. However, I was astounded to read the comments of a colleague criticizing the term "barbaric" with regards to the Charlie Hebdo attack.

First, any murder committed in the name of religious belief — whatever the religion — can certainly be described as barbaric and connotation of this term seems particularly appropriate here. But the main point is that this kind of soothing language/thought police is precisely what the murdered journalists stood against. In its excess, their provocative style was a manifesto against too-easily-offended sensibilities. **B. Labasse, Ottawa**

metro **Star Media Group President** John Cruickshank • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, Features** Amber Shortt • **Managing Editor, Canada, World, Business** Matt LaForge • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Ian Clark • **Distribution Manager** Joel Orlik• **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Carolyn Sadler • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Cable TV rules Golden Globes

Award season. Major TV networks mostly shut out of winner's circle while indies make a strong showing on film side

NED EHRBAR
Metro in Hollywood

The reigning theme on the red carpet for this year's Golden Globes might have been red gowns, but inside the Beverly Hilton it was awkwardness — horrible, painful awkwardness. Even veteran hosts Tina Fey and Amy Poehler couldn't escape the cringe-inducing atmosphere in the Beverly Hilton ballroom, especially when launching into duelling Bill Cosby impressions.

Even planned bits during the awards show — like Margaret Cho as a Hollywood Foreign Press Association member from North Korea taking a photo with Meryl Streep — were awkward, though in that case, that might have been the point. And the awkwardness seeped into the spontaneous moments, like when Jeremy Renner made mention of co-presenter Jennifer Lopez's "globes."

Of course, the real point of the night was the awards. In the world of TV, things were less awkward than they were surprising as Jane the Virgin star Gina Rodriguez surprised awards prognosticators by taking Best Actress in a Comedy or Musical and Amazon's first nominated series, Transparent, won Best Comedy or Musical Series and Best Actor for star Jeffrey Tambor.

Amy Adams takes home a Golden Globe for her role in Big Eyes. GETTY IMAGES

Jane the Virgin star Gina Rodriquez GETTY IMAGES

In fact, the four major TV networks — CBS, NBC, ABC and Fox — were pretty much shut out of the awards Sunday night. Joanne Froggatt brought home her first Golden Globe, a Supporting Actress trophy, for Downton Abbey, taking home an award her co-star Maggie Smith has previously won. But the big winner for the night was freshman FX drama Fargo, which earned an award for the show itself and supporting actor Billy Bob Thornton. And Kevin Spacey matched Robin Wright's win last year with his own for House of Cards.

On the film side, the indie film presence was strong, with J.K. Simmons winning Best Supporting Actor for his work in the Sundance hit Whiplash, Birdman taking Best Screenplay and Patricia Arquette continuing her march to the Oscars with a win for Boyhood. Elsewhere, How to Train Your Dragon 2 took Best Animated Film, The Theory of Everything won Best Score and Common and John Legend's Mercy for Selma won Best Original Song.

Even before the show began, hosts Fey and Poehler confirmed that this go at hosting the awards — their third in a row — would be their last. "Next year they should go with someone younger and easier to work with, like a Japanese hologram," Poehler joked on the red carpet. Maybe next year's will be less awkward.

FOR MORE ON THE GOLDEN GLOBES, VISIT METRONEWS.CA

Hosts Tina Fey and Amy Poehler
GETTY IAMGES

Arty pre-party. A hush-hush affair

If the Golden Globes are obvious — celebs, cameras, tuxedos — the night-before Art of Elysium fundraiser is the ultimate in esoteric.

Where the typical black-tie gala promises drinks, dinner and entertainment, the art charity's eighth annual Heaven gala aimed to provide an artistic experience curated by performance artist Marina Abramovic.

The party, held Saturday in an airplane hangar in Santa Monica, Calif., began with a "silent cocktail hour." Celebrants such as Zach Braff, Usher, Joaquin Phoenix and Johnny Depp, who lounged on a couch behind velvet ropes, were instructed not to speak during the cocktail reception and encouraged to wear silencing headphones provided by attendants. Drinks were to be ordered by pointing at a menu.

Depp and fiancée Amber Heard, the night's guest of honour, did not wear the headsets.

When chatter erupted after about 30 minutes, Abramovic playfully admonished partygoers for not following the rules.

A small stage rotated in the centre room and four giant video screens glowed overhead. Entertainment included a performance piece on love and loss, a 3D film and a musical set by Moby.

The event was projected to raise $1 million for the non-profit group that brings art to sick children and others in need.

THE ASSOCIATED PRESS

Johnny Depp and Amber Heard
OMAR VEGA/INVISION/THE ASSOCIATE PRESS

Awards snafu

Golden Globes lets a little something slip

As if Hollywood hasn't had enough leaks of late.

For a short time on Friday night, the official website of Sunday's Golden Globe Awards posted what appeared to be this year's winners in two top Globes categories, setting off some momentary excitement in the industry trade press.

The Hollywood Foreign Press Association, which runs the annual awards, referred all inquiries to its site administrator, Bluefin.

"While testing the official website of the Golden Globe Awards for Sunday's ceremony, Bluefin inadvertently took the test live," said a company statement. "We randomly selected two film titles with no knowledge of the category winners. We are solely responsible for the error."

THE ASSOCIATED PRESS

SCENE

One VIP guest came to the Golden Globes nearly naked and boldly sat by the door as though nothing was amiss. Salem, a canine expert at sniffing out explosives, just wore his regular work vest to the black-tie affair at the Beverly Hilton Hotel. Here are some of the mostly fully clothed stars who passed Salem's sniff test

ALL PHOTOS: GETTY IMAGES

George Clooney brought along some famous friends. Cindy Crawford and Bill Murray rode in with Clooney, who upon exiting the vehicle pointed out his new wife, Amal, to bleacher fans. The group received boisterous cheers, but the loudest ones were reserved for Mr. and Mrs. Clooney. THE ASSOCIATED PRESS

Lena Dunham

Jennifer Lopez

Kerry Washington

Amy Adams

Red carpet looks from the glitzy Golden Globes

Wearing an elegant tuxedo, The Theory of Everything's Eddie Redmayne proved why he has made a number of best-dressed male celebrity lists this year.

Gone Girl's Rosamund Pike walked the red carpet in a daring sideless and backless Vera Wang dress. She told InStyle magazine the week before that, "What you try to do is something that will live up to a dream you might have had when you were a little girl."

Orange is the New Black star Taylor Schilling.

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (10 LEVELS)

January 13 to April 11, 2015

Evenings: 6 pm to 9 pm (10 Levels)

Saturdays: 9am to noon (7 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

January 13 to April 11, 2015

Evenings: 6 pm to 9 pm (6 Levels)

NEW! Saturdays: 9 am to noon

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

January 12 to February 6, 2015

Levels 1, 3 and 5: 12:30 to 3:30pm

Levels 2, 4 and 6: 9am to noon

February 17 to March 13, 2015

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 12:30 to 3:30pm

FEES: $35.00

(Immigrants, new Canadians, Refugees whose language is not English.)

Ontario

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST

Le meilleur conseil qu'on puisse vous donner

Éducation Permanente 181 Donald St., Ottawa

Tel. 613-741-2304 ext. 3; Fax 613-741-2191

www.educationpermanente.ca

ép EDUCATION PERMANENTE

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Blake Lively ALL PHOTOS GETTY IMAGES

Be careful, or Blake Lively will surprise you with a baby

So maybe the real reason Blake Lively held off on announcing the birth of her daughter for a couple of weeks was so that she could punk her friends.

She at least managed to pull off a surprise baby attack with one pal, Sisterhood of the Traveling Pants co-star Amber Tamblyn. When asked how she found out about Lively's big news, Tamblyn responded with a measured, "That bitch! She tricked me," according to People magazine.

See, what happened was that Tamblyn was heading up to Lively's Bedford, N.Y., home recently, totally unaware that the nursery was now occupied. "I went up there and I didn't know. Everybody knew but me, and she does that s— to me," Tamblyn explains. "She was texting me about wallpaper. She was like, 'You've got to come see my new wallpaper.' And I went up there, and there was her baby." Enjoy it while you can, Blake, because that trick only works so many times.

Bieber's camp insists Calvin Klein images were 100 per cent Canadian bacon

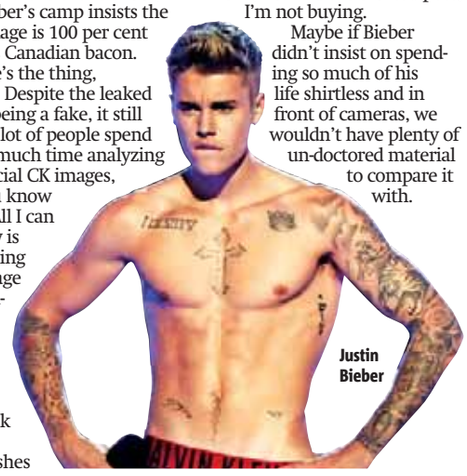
So those supposedly original photos from Justin Bieber's Calvin Klein photo shoot showing a much skinnier and less well-endowed Biebs that hit the Internet late last week? Totally fake.

Maybe the fact that they were leaked to a website you've never heard of before should've been a clue. Or maybe a closer look at Bieber's crotch — and again, I'm really sorry I have to keep suggesting you look at that — would have clearly shown that the "un-retouched" photos were actually more Photoshopped than the official versions.

That website, breatheheavy.com, by the way, removed the image and posted a retraction, saying it had received a cease and desist letter. The Calvin Klein folks swear that Bieber acted like a perfect little gentleman the entire shoot, and Bieber's camp insists the final image is 100 per cent Bieber's Canadian bacon.

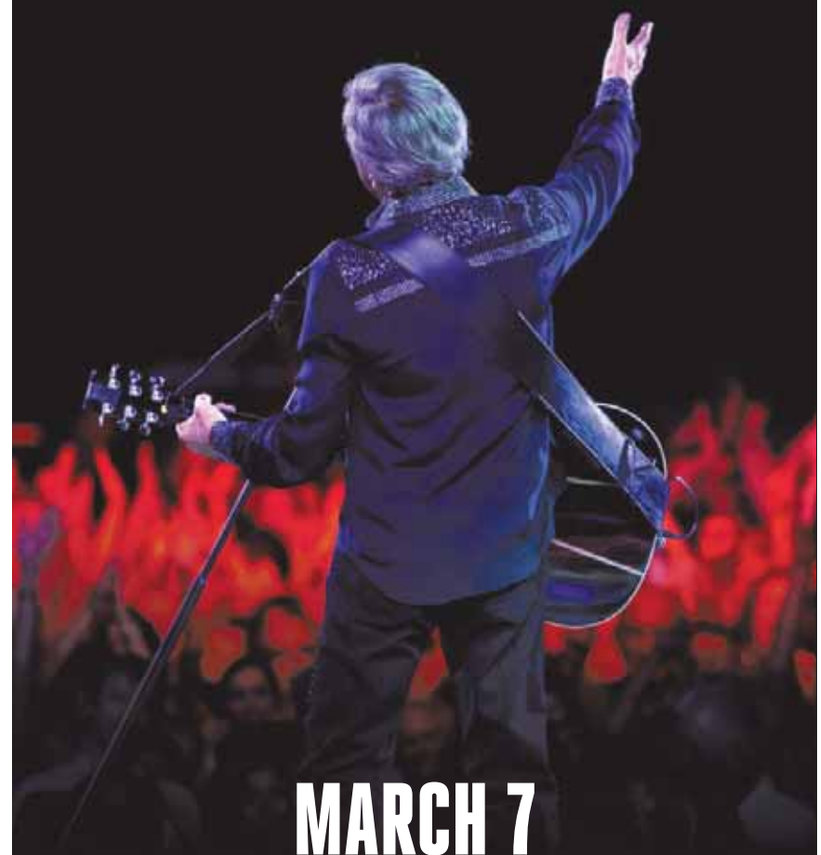
Here's the thing, though. Despite the leaked image being a fake, it still made a lot of people spend far too much time analyzing the official CK images, and you know what? All I can see now is retouching and image manipulation. For instance, that massive back muscle that pushes out past his shoulder blades? Yeah, no. And the bloated pecs, I'm not buying.

Maybe if Bieber didn't insist on spending so much of his life shirtless and in front of cameras, we wouldn't have plenty of un-doctored material to compare it with.



Justin Bieber

NEIL DIAMOND
IN CONCERT



MARCH 7
CANADIAN TIRE CENTRE
ON SALE NOW

BUY TICKETS AT LIVENATION.com

TICKETS ALSO AVAILABLE AT CAPITALTICKETS.CA, BY PHONE AT 613-599-FANS (3267) OR 1-877-788-FANS (3267); IN PERSON AT EACH OF THE 10 PARTICIPATING CANADIAN TIRE STORES IN OTTAWA AS WELL AS THE STORE IN PERTH, THE SENS STORE AT CARLINGWOOD MALL AND PLACE D'ORLÉANS, OTTAWA SPORTS EXPERTS LOCATIONS, LES GALERIES DE HULL, OTTAWA FESTIVALS AND AT THE CANADIAN TIRE CENTRE BOX OFFICE.

ALL DATES, ACTS AND TICKET PRICES SUBJECT TO CHANGE WITHOUT NOTICE. TICKET PRICES SUBJECT TO APPLICABLE FEES.

NEW ALBUM MELODY ROAD AVAILABLE NOW!

LIFE 3

Don't be a divorce dummy

Legal bills. Avoiding lawyers might seem like a good idea when navigating a split, but separation agreements need to be solid

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Everyone knows divorce is expensive. According to Darren Gingras, President of the Common Sense Divorce (with which I am affiliated), the average divorce costs $15,000 to $25,000 depending on whether the courts have to get involved. Is it any wonder people would rather DIY?

You might be tempted to take family law matters into your own hands because you're trying to save money.

Maybe you don't think your case is particularly complicated. Perhaps you have a basic mistrust of lawyers and the legal system's penchant for making everything more complicated than it need be.

Or maybe you just don't want to spend the money; splitting assets is going to leave you broke enough!

Hey, I hear what you're saying. But I've been divorced enough times to know that if you don't know what you're doing — and if you're not a family lawyer, you don't — you could miss some important things that will screw with you later.

No, I'm not saying you have to hire a gunslinger.

I'm saying if you don't know what you don't know, how will you avoid stepping in the poop?

Be aware that so-called 'kitchen table' agreements usually don't pass court scrutiny. ISTOCK

Family lawyers have a name for those documents people like to create for themselves as they are separating: They call them 'kitchen table' agreements, because they're often signed in the kitchen over a cup of coffee. And their eyes flash with delight because they know that untangling the mess made will be profitable for them. Very profitable.

Sure, you'll save some money if you work out the details of your separation agreement amicably. That's common sense. But if you don't get independent legal advice to ensure all the i's are dotted and the t's crossed, lawyers and court costs may be in your future.

Just because you agree to a thing doesn't make it stickable. Just because you execute it, have it witnessed and follow it religiously, doesn't make it stickable. Kitchen table agreements can be tossed to the curb as soon as the weaknesses have been uncovered.

Take for example the kitchen table agreement that was thrown out by an Ontario court because child support was not implemented according to Ontario provincial guidelines.

And the kitchen table agreement that was nullified because financial disclosure wasn't done, so one spouse didn't fully appreciate what she was giving up when she waived her claim to her partner's pension.

And the kitchen table agreement in which one partner tried to pull the wool over the other's eyes.

Courts booted those agreements to the curb, leaving them not worth the paper they were written on. And because the courts got involved, those cheap kitchen table agreements got very, very expensive.

Perhaps it is our desire to get out of our current relationship that has us rushing to agree.

Hey, it all seems so reasonable right now. But what about the future?

Will whatever you agree to today stand the test of time?

And how about the tax man? Will he come looking for his piece of the pie?

Creating a legally binding and long-lasting separation agreement doesn't mean you have to go to court. Nor does it mean that you have to escalate matters.

And you don't have to give away all of your assets to the legal system, either.

It does mean spending enough money to ensure that your separation agreement is consistent with the your province's Family Law Act and that everyone involved fully understands what it is that they are agreeing to and signing.

How much is enough? According to Gingras, for a separation agreement to have teeth, you're looking at about $4,000.

No matter how tempted you may be to "keep the lawyers out of it," please, please don't put your faith in an office-supply-store separation agreement kit.

Gingras has seen more of these go south than he cares to think about.

"You want to spend enough money to do it properly the first time," he says.

Precedents

In the case of Zheng v. Jiang, 2012, when the court struck down the agreement that had been made by separating partners, it said:

"It seems to me that this is the very type of homemade agreement entered into by spouses who are not properly informed as to the facts and law surrounding their circumstances that (the Family Law Act) was designed to deter. I agree with the statement in Sagl v. Sagl ... that "the policy of the Act is to discourage 'kitchen table' agreements."

Health. An avocado a day can keep the doctor away

Eating one avocado per day as part of a moderate-fat diet can improve cholesterol levels, according to researchers from the American Heart Association.

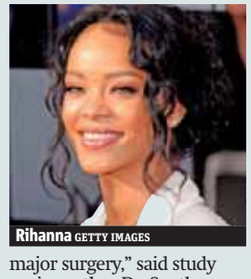
The research team set out to see what would happen if saturated fatty acids were replaced with avocados, which contain unsaturated fat. They put the 45 overweight participants on three different diets intended to lower cholesterol. In the beginning, the dieters consumed 34 per cent of their daily calories from fat sources, 51 per cent from carbohydrates, and 16 per cent from protein. After two weeks on this diet, researchers placed each participant randomly on one of three cholesterol-lowering diets. They stuck to a regime that was either low-fat with no avocado, moderate-fat with one avocado per day, or a moderate-fat diet without avocado. Following the moderate-fat diet with the daily avocado resulted in a drop in 'bad cholesterol,' low-density lipoprotein (LDL), of 13.5 mg/dL on average. AFP

One avocado a day, combined with a moderate-fat diet, can drop 'bad' cholesterol. ISTOCK

Research

Music helps ease pain in young surgery patients

Listening to 30 minutes of music by artists like Rihanna and Taylor Swift or whichever artist the child prefers — or even audiobooks — could significantly reduce pain after major surgery, according to a new study at Northwestern University. "Audio therapy is an exciting opportunity and should be considered by hospitals as an important strategy to minimize pain in children undergoing major surgery," said study senior author Dr. Santhanam Suresh. "This is inexpensive and doesn't have any side effects." The 56 participants ranged in age from nine to 14 and selected their favourite music from a playlist of chart-topping music. AFP



Rihanna GETTY IMAGES

How to press pause on your procrastination

Education. Gaining an understanding of why we put off tasks is crucial to successfully seizing the day

Learning how to use your time wisely takes practice. ISTOCK

It's a New Year's resolution students the world over make again and again: "This is the year that I will stop procrastinating on my assignments."

But one professor says that the first step to ending this habit is to rethink the way we view it.

"The research shows that self-awareness is the first step in any kind of behaviour change," says Dominic Voge, associate director of the Undergraduate Learning Program at Princeton University. "Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

We asked Voge why so many of us procrastinate and what we can do about it.

Identify the problem

"Procrastination is often a self-protection strategy," he explains. "It's protecting our self-concept of being capable and smart people."

This concept is particularly common among post-secondary students, many of whom are experiencing an academically competitive environment for the first time.

"If we wait until the last minute to study or write a paper, we can say to ourselves, 'If I perform poorly, it's because I didn't have enough time," Voge says.

Forgive yourself

> **"Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."**
>
> **Dominic Voge**
> Associate director of the Undergraduate Learning Program at Princeton University

Learn to use blocks of time

"It's easy to say 'Why even start' if you only have an hour between classes or if you are really tired, notes Voge.

"But you can say, 'Instead of watching TV, I can review my notes from class or I can skim a chapter of my textbook,'" he says.

The trick is to assign yourself reasonable tasks. A half-hour is probably not enough to do your chemistry assignments, but it's enough time to review vocabulary for a language course.

Give yourself a fun goal

Part of the reason procrastination often feels like an insoluble problem, says Voge, is because "procrastination feels like a big wall, (it blocks you). So what is something that is going to get you over that wall?"

Voge suggests making a list of your interests and long-term goals to figure out your motivations.

Do you like the satisfaction of successfully solving a problem or delving into research?

Concentrating on the aspects of your classes that you like rather than focusing only on grades (which aren't solely in your control) goes a long way.

Advice

That's not my name, that's not my name!

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
One of the VPs at my company has been calling me the wrong name for about a year, and I've been too nervous to correct her. We didn't work together directly, so it didn't seem to matter. However, I've just been assigned to a project that reports directly to this particular VP. Now I'm scared it will be super weird when she realizes she's been mixing up my name! How can I make things less awkward?
— Answers to Anything

Dear ATA,
It's true your boss may feel a little embarrassed when she realizes her misnomer. But while calling someone the wrong name is an honest accident, answering to the wrong name on purpose is peculiar.

Your response should reflect how badly your title is getting butchered.

If we're talking Kate vs. Katie, just laugh it off. Sue vs. Tatiana might be harder to ignore.

To avoid seeming scared-to-talk timid, address the issue before your VP gets another chance to mis-address you. Own up to your role in this protracted case of mistaken identity, making it clear that you took no offence.

Keep things light: This is a harmless mistake, and the fallout should only be as awkward as you choose to make it.

Dear Metro,
Winter is a slow period at my company, and I'm so bored! Our office is open-concept, and I don't want my boss to see me slacking on the Internet. But there's just not enough work to do! How can I fill the hours when there's nothing to fill them with?
— Climbing the Walls

Dear CTW,
A lot of baggy-eyed, both-end- burners would trade their company-issued iPhones for your problems.

If there's really no work to do — have you already told you boss you could take on more? — create initiatives for yourself. These could be small-scale, like cleaning your desk or reorganizing your email. Or you could aim bigger by pitching a career-boosting project outside the scope of your usual work.

Instead of killing time on Facebook or Twitter, turn your online doddling into research: Spend your slow days Googling new skills or ideas in your field. It's also possible you've simply plateaued in your current situation.

In that case, you could use this winter slump to search for new jobs.

Very discreetly, of course.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

PERSONAL SUPPORT WORKER

Program Objective
This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Career Opportunities
Graduates will find employment within:
• Long-Term Care Facilities • Group Homes
• Hospitals • Retirement Homes/Residences
• Agencies providing Homecare Service

NIGHT SCHOOL AVAILABLE

CALL TODAY!

ALGONQUIN CAREERS ACADEMY
1830 Bank Street 613-722-7811 www.algonquinacademy.com

BECOME A RESPECTED
HEALTH INDUSTRY PROFESSIONAL

WILLIS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

MEDICAL OFFICE ADMINISTRATOR WITH WARD CLERK SPECIALIST DIPLOMA WITH CO-OP (42 WEEKS)
Start a career in the medical field with in-depth skills, knowledge and experience with a wide range of career opportunities. With your Ward Clerk skills and practical on-the-job experience, job opportunities in hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home are some of your places of employment.

CERTIFICATIONS INCLUDE
Official Red Cross CPR & 1st Aid training

PROGRAM STARTS EVERY 7 WEEKS!

for details, email: inquiries@ottawa.williscollege.com
613.233.1128 • WILLISCOLLEGE.COM • OTTAWA • SMITHS FALLS • ARNPRIOR

Get your fiesta on in the kitchen tonight

This recipe serves six. ROSE REISMAN

Pork and Cheese Fajitas in Tortilla Cones. The cones make for unique presentation

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Fajitas are a great dish to serve for families, since everyone can make their own as desired.

Pork is a lean meat, and with today's agricultural practices, can be cooked to a medium doneness rather than well done as previously instructed years ago.

The cone presentation is a real treat visually and taste-wise. Any leftover fajita mixture can be served on its own if all doesn't fit into the tortilla cone. Using various coloured tortillas is attractive, but if you want more fibre go for the whole wheat tortillas.

Directions

1. Preheat the oven to 375 F. Spray a 12-cup muffin tray with cooking oil spray. Fold each tortilla in half, then form into a cone, overlapping the sides. Fold up the point of the cone about an inch, then press the tortilla in every other muffin cup so they don't crowd each other. Spray each cone with vegetable oil. Bake for about 10 minutes or just until lightly browned and crisp.

2. Spray a large non-stick skillet with cooking oil and place over medium-high heat. Cook the pork for about for 2 to 3 minutes, or until cooked through (pork can be served at medium doneness). Do not overcook or it will dry. Remove from pan.

3. Add the oil to the same pan and brown the onions and garlic, about 4 minutes. Reduce the heat to medium. Stir in the red pepper strips and cook until softened, about 5 minutes.

4. Remove the pan from heat. Stir in the cilantro, green onions and the cooked pork.

5. Divide the stir-fry amongst the tortilla cups, sprinkle with cheese and serve with garnishes if using.

Ingredients

- 6 large flour tortillas
- 12 oz boneless pork tenderloin sliced thinly
- 2 tsp vegetable oil
- 2 1/2 cups thinly sliced white onions
- 1 1/2 tsp minced garlic
- 2 1/2 cups red bell pepper cut into strips
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 3/4 cup shredded light cheddar cheese

Garnish (Optional)

- 1/3 cup medium salsa
- 1/3 cup low-fat sour cream

2015
WINTER
ALGONQUIN COLLEGE
OPEN HOUSE
SATURDAY JANUARY 17 2015
OTTAWA CAMPUS
REGISTER ONLINE NOW FOR THIS FREE EVENT!
GET YOUR CAREER OFF TO AN EARLY START!
Drop by and visit us. Sit in on a presentation. Take a tour.
Meet faculty, staff and current students. Ask questions.
Discover how great Algonquin College really is!
Apply before February 1st for the greatest program choice!
10 AM - 2 PM
1385 Woodroffe Ave., Ottawa ON
Robert C. Gillett Student Commons (Building E)
FREE PARKING
algonquincollege.com/openhouse
ALGONQUIN COLLEGE

Not your typical nachos

Typical nachos are an all-time favourite with their fried tortilla chips, loads of cheese sauce, sour cream and fatty ground beef. They may be delicious, but a platter can have more than 2,000 calories and 100 grams of fat!

Try my tasty and healthier version using lean ground turkey and a variety of lighter toppings.

1. Preheat oven to 450 F. Spray a 10 to 12-inch pizza pan or large oven-proof platter with vegetable oil.

2. In large skillet sprayed with vegetable oil, sauté onions and garlic with oil for 5 minutes. Add turkey and sauté until no longer pink, about 5 minutes. Add bell peppers and sauté for 2 minutes. Add chili powder, beans, tomato sauce, and salt and pepper. Simmer uncovered for 10 minutes until thickened.

3. Place half the tortilla chips over pizza pan, pour half the filling over top and half the cheese. Repeat with remaining chips, filling and cheese. Bake for 5 minutes or until cheese melts and tortillas crisp. Garnish with any of the toppings.

ROSE REISMAN

This recipe serves six. ROSE REISMAN

Ingredients

- 1 cup diced onions
- 1 tsp minced garlic
- 2 tsp vegetable oil
- 12 oz ground turkey
- 3/4 cup diced red bell pepper
- 1 tsp chili powder
- 1 cup canned, drained and rinsed black beans
- 2 cups tomato pasta sauce
- Salt and pepper
- 6 cups tortilla chips (baked if possible)
- 1/2 cup grated light cheddar
- 1/2 cup grated light mozzarella cheese

Garnish (optional)

- 2 tbsp chopped cilantro
- 2 tbsp chopped green onions
- Light sour cream (optional)
- Thinly sliced jalapenos (optional)

Tennis

Federer wins title, 1,000th match

Roger Federer turned the Brisbane International final into a grand occasion Sunday, beating the up-and-coming Canadian Milos Raonic in three see-sawing sets to register his 1,000th career match win.

It's a grand number for a 17-time Grand Slam champion, making him the only player after Jimmy Connors (1,253) and Ivan Lendl (1,071) to win 1,000 times on the men's professional tour.

"Clearly it's a special day for me, winning a title plus getting to the magic number of 1,000," Federer said after his 6-4, 6-7 (2), 6-4.

"For some reason 1,000 means a lot because it's such a huge number. Just alone to count to 1,000 is going to take a while."

THE ASSOCIATED PRESS

Curling

Canada captures Continental Cup

Canada swept all three skins games in the first draw on Sunday to win the Continental Cup at Canada Olympic Park.

Winnipeg's Mike McEwen secured the victory when he picked up a full point in his match against Sweden's Niklas Edin, giving Canada an insurmountable lead over the European team. McEwen went on to win by a score of 3-1/2 to 1-1/2.

Three more skins games were to play out Sunday night. THE CANADIAN PRESS

Buffalo

Bills hire Rex Ryan as coach: Report

Rex Ryan is staying in the AFC East after reaching an agreement Sunday to coach the Buffalo Bills.

A person familiar with the talks told The Associated Press the former New York Jets coach accepted the Bills' contract offer after two days of discussions. The person spoke on the condition of anonymity because the Bills have not discussed their search to replace Doug Marrone.

At the same time, a second person familiar with talks told the AP the Bills are negotiating to hire Greg Roman as offensive co-ordinator.

THE ASSOCIATED PRESS

Packers advance amid controversy

NFL playoffs. Video reversal aids Green Bay in holding off Dallas for berth in NFC championship game

Cowboys receiver Dez Bryant attempts to make a catch over Sam Shields of the Packers on Sunday in Green Bay. Initially ruled a catch, the call was reversed upon review. MIKE MCGINNIS/GETTY IMAGES

Hobbled but happy, Aaron Rodgers might have felt a bit lucky, too.

No matter: The All-Pro quarterback and his Green Bay Packers are one step away from the Super Bowl.

More stationary than usual because of a left calf injury, Rodgers rallied the Packers from an eight-point deficit with two second-half touchdown passes to beat Dallas 26-21 Sunday.

The Packers, helped immensely by a video reversal with 4:06 remaining, went undefeated at Lambeau Field this season. They head to Seattle — which beat Carolina 31-17 on Saturday — next weekend in the NFC title game.

"I think I got 120 minutes left in me," Rodgers said.

Green Bay might not have had any time left in its season if not for referee Gene Steratore's decision. Dez Bryant's leaping, bobbling 31-yard catch at the Packers' one-yard line on a fourth-and-two play was challenged by Green Bay coach Mike McCarthy. Instead of first-and-goal for Dallas, the ball went over to the Packers.

"Some people think throwing the red flag is fun," Packers coach Mike McCarthy said. "It was such an impactful play, you had to challenge. It was a confident challenge. And a hopeful one, too."

One packed with controversy, as well.

"Look, I'll tell you this, I've never seen that a day in my life," Bryant said. "I want to know why it wasn't a catch."

Because Bryant didn't maintain control all the way to the ground, as the rule states. Replays showed Bryant bobbling the ball as he rolled into the end zone, with part of it touching the field.

"By rule he must hold onto it throughout entire process of contacting the ground," tweeted Dean Blandino, the league's director of officiating. "He didn't, so it is incomplete."

An impassioned Bryant didn't buy it.

"All I know is I had possession, I had possession of the ball coming down," Bryant said. "That's possession, right? One, two, reach. Bam, that's possession."

The Cowboys' first postseason trip to Green Bay since the 1967 Ice Bowl for the NFL championship resulted in their first road defeat of the season after eight victories.

THE ASSOCIATED PRESS

Snake-bitten

Detroit Lions receiver Calvin Johnson, had a similar catch reversed in 2010, and they also were stung last week in the wild-card round against the Cowboys when the officials picked up a flag that would have given them a critical fourth-quarter first down.

- The Lions tweeted: "Sorry @dallascowboys. We know the feeling," with a link to the Megatron play and the hashtag "CompletingTheProcess."

Luck leads Colts to upset of Manning, Broncos

Colts linebacker Jonathan Newsome forces Broncos quarterback Peyton Manning to fumble on Sunday in Denver. JACK DEMPSEY/THE ASSOCIATED PRESS

Andrew Luck threw two touchdown passes and the Indianapolis Colts upset Peyton Manning and the Denver Broncos 24-13 Sunday in the AFC playoffs.

The Colts advanced to the AFC championship game next weekend in New England. The Patriots rallied past Baltimore 35-31 Saturday in the other AFC divisional playoff.

The Broncos were left to deal with the hangover of yet another playoff debacle — and maybe questions about Manning's future and that of coach John Fox, as well.

Manning, who joined the Broncos in 2012 after his release from Indy, has gone one-and-done in the playoffs a record nine times in his otherwise stellar career. That includes twice in Denver, where he's 38-10 in the regular season but just 2-3 in the playoffs.

Overall, Manning is 11-13 in the post-season.

THE ASSOCIATED PRESS

4 SPORTS

Raps plan to halt red-hot Pistons

NBA. T.O. has to play against the team — not that team's record

Dwane Casey had made the comment so many times this season that he generally prefaces it with an apology now, as in "yes, I know you've all heard this so often, but ..."

He is sure to trot it out Monday night, and never will it have been more true.

The Raptors are not nearly good enough to look past any opponent, they have to play against a team, and not that team's record, because a lackadaisical approach will bite them in the collective butt no matter who the other team.

So it is near-certain that Casey will make the same point — publicly and privately — ahead of Monday's game against the Detroit Pistons.

The Pistons may be only 13-24, but they are red-hot of late, winners of eight of their last nine games and playing as well as any team in the conference.

And with Toronto having lost four of its last five, taking the Pistons lightly would be folly.

The game is also full of subplots that should ensure that the Pistons get Toronto's undivided attention.

The first meeting — last month in Auburn Hills, Mich. — included an arena basically dominated by fans of the road team, a horrific fall for Landry Fields that concussed him, and a set-to between Toronto's James Johnson and Detroit's Andre Drummond that almost escalated into something ugly.

Put off by Johnson's celebration after a thunderous dunk ("I cocked that joint back and banged on him," was Johnson's all-time great quote on the play), Drummond elbowed the Raptors forward the next time down the court, was assessed a technical foul and spent the last quarter on the bench.

TORSTAR NEWS SERVICE

Quoted

"Just trying to get them going both at the same time has been the most difficult thing ... They're young. We want them to be a 10-year vet yesterday, but that doesn't happen in this league."

Raptors coach Dwane Casey speaking about Jonas Valanciunas and Terrence Ross

Raptors head coach Dwane Casey, not pictured, is urging his club not to overlook the Pistons on Monday night, when the 13-24 Detroit club visits the Air Canada Centre. CHRIS YOUNG/THE CANADIAN PRESS

Southampton wins at Man U — first time in 27 years

Southampton's Dusan Tadic celebrates his goal in Manchester Sunday. GETTY IMAGES

A Southampton shirt had to be scrambled from the dressing room before the forgetful Dusan Tadic could enter the Old Trafford pitch on Sunday.

Within minutes it was ripped off again, as the second-half substitute celebrated scoring the goal that gave Southampton its first win at Manchester United in 27 years.

"When I wanted to come on, the shirt and shin pads were not there (in the dugout), but I don't know what happened," Tadic said after clinching the 1-0 victory. "This isn't important. It's important we won."

It ended United's 10-game unbeaten run in the Premier League, and Ronald Koeman's side dislodged the hosts — managed by fellow Dutchman Louis van Gaal — from third place.

"They came for a draw I believe, and they go away with a victory — and that is disappointing," van Gaal said. "We didn't create so many chances in spite of dominating the game."

And Arsenal is only a point behind fourth-place United after Alexis Sanchez scored two and created one in a 3-0 victory over Stoke in the day's other game.

For Southampton, this was a victory against a United side with most of its key players back from injury. So much so that Radamel Falcao was left out of the matchday squad.

Tadic's goal came in the 69th, around five minutes after eventually coming off the bench. THE ASSOCIATED PRESS

EPL standings

The standings are led by Chelsea on 49 points with Manchester City two points behind. Southampton is eight points adrift of City on 39, but in an elevated position that was unthinkable when the south-coast team was among the teams being tipped for relegation in August.

Bobsled

Junior champ wins first World Cup race

Junior world champion Nico Walther helped his German teammates win a four-man bobsled race for his first World Cup victory on Sunday, while four-time world champion Maximilian Arndt was taken to the hospital for checks after crashing. THE ASSOCIATED PRESS

La Liga

Messi for peace (at Barcelona)

Lionel Messi almost single-handedly restored peace at Barcelona by scoring once and setting up two more goals in a 3-1 win over Atletico Madrid Sunday. Afterward he denied reports by saying he never called for coach Luis Enrique to be replaced. THE ASSOCIATED PRESS

Luis Suarez, Neymar and Lionel Messi celebrate Messi's goal, the third in a 3-1 win over Atletico Madrid on Sunday in Barcelona. LUIS GENE/GETTY IMAGES

Slalom

Italian gets debut World Cup win

Stefano Gross of Italy won a tight World Cup slalom on Sunday where just 0.03 seconds separated the top three finishers.

A first career World Cup victory for Gross denied first-run leader Fritz Dopfer of Germany his first win by 0.02. THE ASSOCIATED PRESS

NBA

Hawks streak past Wizards

Kyle Korver scored 19 points and DeMarre Carroll added 16 to help Atlanta Hawks win their eighth straight game, 120-89 over the Washington Wizards Sunday. Atlanta leads the Eastern Conference this late in the season for the first time in 21 years. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may be in a cautious mood as the week begins but that's OK because this is a time for thinking things through rather than throwing yourself at life.

♉ Taurus
April 21 - May 21
This is a great day for meeting with friends. On the career front, your ambitions may seem lofty to some but you know that anything is possible if you want it enough — and you do.

♊ Gemini
May 22 - June 21
Whatever you want out of life you will find a way to get, but you will get it quicker if you make friends with the kind of people who can open doors.

♋ Cancer
June 22 - July 23
You want to do something out of the ordinary. Only you can decide what that something is going to be. The planets indicate it will be fun and change your life for the better.

♌ Leo
July 24 - Aug. 23
You need to think long-term rather than merely aim for short-term gain. That applies in particular to business and professional matters.

♍ Virgo
Aug. 24 - Sept. 23
Partnerships will be vital over the next few days and even if you are the kind of Virgo who prefers to work alone it will pay you to join forces with someone who shares your ambitions.

♎ Libra
Sept. 24 - Oct. 23
The tougher the challenge the more you like it and that's just as well because the planets indicate you will be put to the test over the next few days.

♏ Scorpio
Oct. 24 - Nov. 22
This is potentially one of the best times of the year for you and anything of a creative or romantic nature is sure to go well over the next few days.

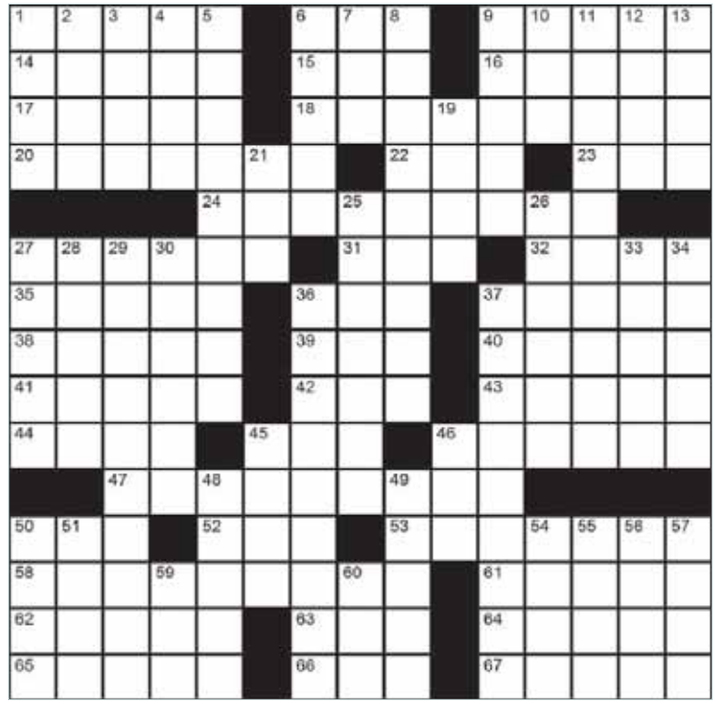
♐ Sagittarius
Nov. 23 - Dec. 21
Anyone who thinks they can coerce you to do something you do not approve of is living in cuckoo land. When it comes to family matters though try not to take such a hard-line stance.

♑ Capricorn
Dec. 22 - Jan. 20
You will meet some interesting people over the next few days and that's good because your focus has been too narrow. Chances are you will learn something to your advantage.

♒ Aquarius
Jan. 21 - Feb. 19
Under no circumstances sell yourself short this coming week, because the moment you do is the moment everyone starts taking advantage of you.

♓ Pisces
Feb. 20 - March 20
Something you start over the next few days is destined to be of major importance to you. Mars in your signs means you will outshine rivals and make a name for yourself.

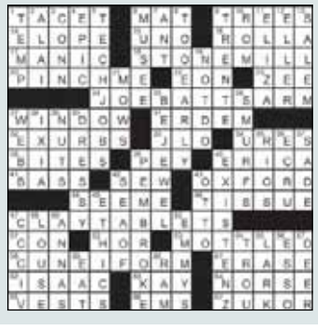
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "__ __ a gun!"
6. Inventor Mr. Whitney
9. Coffee preference
14. Fantasy novelist Ms. Canavan
15. "__ Dieu!"
16. Rice-_-__
17. Wedded bliss event, briefly
18. What outstanding movies generate: 2 wds.
20. Notion
22. 'Honor' suffix
23. "The __" (CBC series about a First Nations community)
24. General Motors of Canada vehicle assembled in Oshawa, ON: __ Impala
27. Prickly
31. Caravansary
32. "Begone!"
35. Dolphin-riding Greek poet
36. Orange ball org.
37. Clipped
38. Swiss chocolate brand
39. Cafeteria crumb
40. High: French
41. Wise mentors
42. Arctic explorer John
43. Fire-starting felony
44. John Mellencamp's "Get _ __ Up"
45. Senators city, briefly
46. Add on
47. Amanda Marshall hit: 2 wds.
50. Volkswagen convertible model
52. "Scalpel..." settings, shortly
53. To the skies
58. Southern Ontario: Municipality of South Bruce village
61. Former police officer
62. Pageant winner's prize
63. Friend: French
64. 1st Greek letter
65. "__ __ favour, say 'Aye'."
66. 1960s brother of a Pres.
67. Fix the road this way

Down
1. Disconnected, in music [abbr.]
2. Yes __ __ question
3. Trevor __ (Tony-winning Cats director)
4. Of a lyric poem
5. Canada's beaver coin amount: 2 wds.
6. Be a ham on stage
7. Rock's __ Lonely Boys
8. In the flesh
9. Ms. Hannah
10. Tarzan creator's monogram
11. Order! Halifax __ __, a National Historic Site of Canada
12. LA Kings player Mr. Kopitar
13. Soda sound
19. "East of Eden" (1955) brother
21. Smart letters
25. Singing technique
26. F's music equivalent, _ __
27. Lightweight wood
28. Font style
29. Arctic animal known as 'Nattiq' to the Inuit: 2 wds.
30. Spanish corner store
33. Joe __, What the Butler Saw! playwright
34. Make hair stand __ __
36. Montreal-born Marvel Comics superhero aka Jean-Paul Beaubier
37. Some undergarments
45. Cajun cooking ingredient
46. Slitherer
48. Ottawa-born actress Kelly
49. Russian monarchy founder
50. Vintage comic, __ Kett
51. Eye: French
54. Wheel shaft
55. Sales slip, shortly
56. Capital of Qatar
57. Tussle
59. __ Lanka
60. "Unbelievable" group

Friday's Crossword

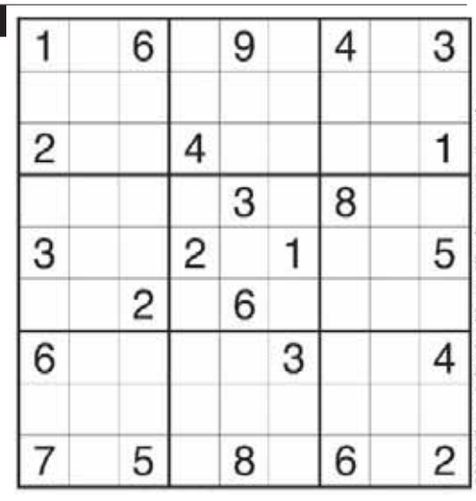


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

7	3	4	2	1	6	5	9	8
9	1	6	5	8	4	2	7	3
8	2	5	9	7	3	6	1	4
5	9	8	3	4	7	1	2	6
1	4	2	8	6	5	9	3	7
3	6	7	1	2	9	8	4	5
6	8	9	4	3	2	7	5	1
2	7	3	6	5	1	4	8	9
4	5	1	7	9	8	3	6	2

Everyone's entitled to YOUR opinion

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

• Answer short, online surveys • Tell us how we're doing • Every completed survey gives you a chance to win a $25 gift card

Bonus: Sign up and join the panel by January 30, 2015 for a chance to win a $50 gift card

Sign up at www.Metronews.ca/panel

metro

Reinvent your eyestyle

Designer eyewear starting at $49

INCLUDES PRESCRIPTION LENSES*

Get a fresh perspective on your eyestyle for the new year by accessorizing with frames that feature a fun new colour, unique textured print, or striking modern shape.

* 1.59 INDEX SINGLE VISION CLEAR LENSES

TAKE **$10 OFF** YOUR NEXT ORDER :: USE CODE: **METROGL** :: OFFER EXPIRES JANUARY 31, 2015

ClearlyContacts.ca™

THE BETTER WAY TO BUY EYEWEAR

CALL: *1-866-414-2326* **IN STORE:** *Vancouver & Toronto*